

Mental Health Services and Signposting

Agency name	What They Offer	Contact details
Young minds	We're the UK's leading charity fighting for children and young people's mental health	www.youngminds.org.uk Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
The Mix	13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. From Sex and relationships to getting a job, to housing to drugs etc... has a Find a Service section	www.themix.org.uk 0808 808 4994
Rethink Mental Illness Wiltshire	Transition support 16-21 yr olds If you are feeling isolated or lonely due to your mental health we are here to help.	wiltsmhis@rethink.org
Kidscape	Support for children, young people and parents regarding bullying	https://www.kidscape.org.uk/
Bullying UK	Website for both children and adults affected by bullying	www.bullying.co.uk
Cybersmile	The Cybersmile Foundation is a multi-award-winning nonprofit organization committed to digital wellbeing and tackling all forms of bullying and abuse online. We work to promote kindness, diversity and inclusion by building a safer, more positive digital community.	https://www.cybersmile.org/
PAPYRUS	Young suicide prevention society.	Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) www.papyrus-uk.org
CGL - Change Grow Live	Help and advice with challenges you're facing, whether that's drugs, alcohol, your mental health or relationships. If you're a parent, carer or professional supporting someone who's under 21, we have guidance for you too.	www.changegrowlive.org
Child Line	We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you. Our tips and techniques, ideas and inspiration, can help you feel more in control.	https://www.childline.org.uk/08001111 Facebook and Instagram pages
Motiv8	Substance misuse service for young people aged 11-18 in Wiltshire. We provide advice, guidance and one-to-one sessions for young people who are having problems with drugs and/or alcohol.	https://www.dhi-online.org.uk/get-help/young-peoples-drug-alcohol-services/motiv8
Centrepoint	Centrepoint provides homeless young people with accommodation, health support and life skills in order to get them back into education, training and employment	www.centrepoint.org.uk

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Children's Society	We work with young people who have suffered years of abuse, who have run away from home or are struggling with mental health issues. We look out for young carers and those who are at risk of being groomed by gangs. We help refugees who have no one else to turn to in this country.	Email: supportercare@childrenssociety.org.uk Tel: 07989 518142 www.thechildrenssociety.org.uk
Thinkuknow	Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.	https://www.thinkuknow.co.uk/
Streetwise	Free and Confidential Advice, Counselling, Sexual Health and Support Services for Young People aged 11-25	www.streetwise.org.uk
RELATE 'Talk Zone' – for 7 – 18year olds (aged 13-18 years is FREE)	Chippenham, Devizes, Royal Wootton Bassett (Children and Young People only), Tidworth and Trowbridge	https://www.relate.org.uk/mid-wiltshire/children-and-young-peoples-counselling 0300 003 1781 to make a self-referral appointment
Selfharm UK	SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. These pages will tell you a bit about us as well as pointing you in the right direction if you need to contact us or find out more about our policies and procedures.	www.selfharm.co.uk
Shout	Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.	Text Shout to 85258 https://www.giveusashout.org/
Phoenix Domestic Abuse Services (Phoenix DAS)	<ul style="list-style-type: none"> •Youth IDVA (Independent Domestic Abuse Officer) – working with victims of domestic abuse aged 18 and under. •Youth Respect Team – working with teenagers who are showing signs of abusive controlling behaviours both in the home and in their relationships. This includes staff working directly with parents to ensure that a consistent approach to parenting is applied. 	https://phoenixdas.co.uk/
Hometruths	We provide specialist services to anyone from the age of 16 who is, or has experienced domestic violence and abuse from partners or ex-partners, including stalking and harassment living in Swindon and North Wiltshire. We only ever work with survivors of domestic abuse, we do not work with perpetrators	http://www.hometruths.coop/ COVID-19: Staff are not be available on our main office number 01793 617589 for the foreseeable future and suggest you please contact us via email: info@hometruths.coop or call or text us: 07999 494723
WISe - Wiltshire Sexual Health Service	free NHS service providing STI testing and treatment, contraception and HIV services in Wiltshire. Our service is confidential, non-judgemental and for people of all ages, genders and orientations. Clinics available in Calne, Devizes, Ludgershaw, Melksham, Salisbury, Tidworth, Trowbridge, Warminster	https://wiltshiresexualhealth.co.uk/under-25s/

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Revival specialist counselling	Revival – Wiltshire RASAC offers free, confidential counselling and support to male and female (13+) survivors who have been raped, sexually abused or sexually exploited. It doesn't matter when or where. No one should suffer in silence. We are here to help survivors make sense of what's happened to them and begin to make life changing choices for themselves.	https://www.revival-wiltshirerasac.org.uk Counselling line available various times and woman only consult website for more details
Brook	Specific site for young people providing free & confidential sexual health & wellbeing experts - innovative clinical services, digital support, tailored counselling and inspiring relationships and sex education, young people are able to take charge of their sexual health and wellbeing.	https://www.brook.org.uk/
Splash	Splash provides positive activities & youth worker support for young people who are facing challenges in their lives, providing fun opportunities where young people learn from each other, help & support one another & begin to see that they are liked, accepted & valued individuals.	http://www.communityfirst.org.uk/yaw/splash/
Inner Flame	Wiltshire-based charity that offers free courses to develop confidence, self-worth, life-skills, and employability in 16-25s who are at a disadvantage.	elizabeth@innerflame.org.uk 0333 456 9707 or 07531 473 482
Zipit App	An app developed by Childline that contains loads of gifs and pictures that a young person can send if they are being asked for naked pictures of themselves. It uses funny pictures as a way of young people feeling more comfortable to say 'no' if they are being asked for them. Free to download and send.	https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/
Moodjuice	Self-help resource site including workbooks (topics include anger, anxiety, bereavement, chronic pain, depression, obsessions and compulsions, panic, post traumatic stress, shyness and social phobia, sleep problems, stress).	https://www.moodjuice.scot.nhs.uk/professional/pdfGuides.asp
Seeds 4 Success	Seeds4Success is a youth work charity based in Mere, which provides opportunities for personal and social development for young people living in South West Wiltshire. We enable young people to access programmes that develop practical skills, enhance education, improve employability, provide recreational activities, conserve the natural environment and strengthen the local community. Youth groups in Mere and Wilton	https://www.seeds4success.org.uk/

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Teen Talk	TeenTalk offers face-to-face counselling sessions (due to covid) in Melksham and Chippenham and also offer telephone/video call counselling for those unable to attend either of our venues	https://teentalk.org.uk/
Wiltshire Mighty Girls	We provide a friendly female only setting who also organise after school clubs, holiday and weekend workshops and events. Through our work we develop social skills and work experiences of young people to positively impact the community at large. We promote healthy emotional, physical and mental well-being in young women and girls. Predominately Bradford on Avon	https://www.mightygirls.co.uk/
Open Blue Bus	<i>Services Provided:</i> For children, young families and older people who live in isolated communities including army families, travellers. - Pot cookery course (Malmesbury) -Residents Cafe, (Corsham Rd estate Lacock), -Afterschool club (Thingley traveller site), -Parent/toddler group, afterschool club (Hullavington, army families), -Youth drop-in (Calne). <i>Supports:</i> Under 5s, Young People, Families	Email: aw@openblue.org.uk Tel: 01249 819434 http://www.openblue.org.uk/
Boloh	Run by Barnardos, the UK's first helpline supporting vulnerable Black, Asian and minority ethnic children and families impacted by COVID-19	The Boloh helpline number for children from Black, Asian and other minority ethnic backgrounds is 0800 151 2605 or visit https://helpline.barnardos.org.uk
Jamie's Farm	Jamie's Farm acts as a catalyst for change, enabling disadvantaged young people to thrive academically, socially and emotionally. We do this through a unique residential experience and rigorous follow-up programme, combining farming, family and therapy.	telephone 01225 743 608 email info@jamiesfarm.org.uk www.jamiesfarm.org.uk
Online Youth Clubs from 4youth	Exactly what it says on the tin, online SEND club Monday nights and online youth club Thursday go to website to register	https://4youth.org.uk/online/
Nacoa	Providing information, advice and support for everyone affected by a parent's drinking	https://nacoa.org.uk/support-advice/for-young-people/
Rise Above	Rise Above is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to young people. Inspiring and useful stories, videos, games and advice. Friends, love life, body talk, my mind, self care and much more..	https://riseabove.org.uk/

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Space to Talk	From the Army Welfare Service for 13-16 year olds ... Youth Workers who can listen, chat and find ways to support you online in a safe space. Thursday nights 8pm - 9.15pm on ZOOOOOM!!	for more info and to join email to register your interest Jennifer.bertram100@mod.gov.uk Once you've registered, we'll send you the details of how to access our Space To Talk Zoom sessions
The Trevor Project	The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.	https://www.thetrevorproject.org/
SMASH	We help young people create good memories, improve their decision-making, gain a sense of self worth and help them see a brighter future. Instilling hope in them improves their overall sense of well-being. They see a future where they can play a role and contribute to their local community.	smashyouthproject
Voices in the Middle	Voices in the Middle is for all young people, who are in the middle of parents splitting up. We provide a place for you to share your voice, read helpful content and connect with support.	https://www.voicesinthemiddle.com/